

| Monday  | Tuesday                                  | Wednesday  | Thursday           | Friday                                 | Saturday   | Sunday             |
|---|--|--|--------------------|--|--|--------------------|
| July 4<br>(27-33 miles)<br><br>4-5 miles easy<br>+ Form strides | 5<br><b>OPTIONAL:</b><br>3-4 miles easy  | 6<br>6 miles<br>1 mile easy<br>2 miles @ 7:45<br>3-5 min rest<br>2 miles @ 7:45<br>1 mile easy   | 7<br>Recovery day  | 8<br>4 miles easy<br>+ Form strides    | 9<br><b>Long run</b><br><b>13-14 miles</b><br><i>This one should be nice and easy the whole way. Okay to get on some rolling hills if you want</i> | 10<br>Recovery day |
| 11<br>(29-35 miles)<br><br>4-5 miles easy<br>+ Form strides     | 12<br><b>OPTIONAL:</b><br>3-4 miles easy | 13<br>6 miles<br>2 miles easy<br>3 miles of:<br>60 sec pick-up (~6:30-6:55)<br>60 sec easy<br>1 mile easy                              | 14<br>Recovery day | 15<br>4 miles easy<br>+ Form strides   | 16<br><b>Long run</b><br><b>15-16 miles</b><br><i>Another bump up, so this is one to make sure to start slow and I would recommend flat</i>        | 17<br>Recovery day |
| 18<br>(20-28 miles)<br><br>3-4 miles easy<br>+ Form strides     | 19<br><b>OPTIONAL:</b><br>3-4 miles easy | 20<br>6 miles<br>1 miles easy<br>5 miles @ 8:15<br><i>Don't worry about pushing this one, see how relaxed you can make it feel</i>     | 21<br>Recovery day | 22<br>3-4 miles easy<br>+ Form strides | 23<br><b>Long run</b><br><b>8-10 miles</b><br><i>Down/recovery week, so keep this short if you're tired and don't push the pace</i>                | 24<br>Recovery day |
| 25<br>(26-31 miles)<br><br>4-5 miles easy<br>+ Form strides     | 26<br><b>OPTIONAL:</b><br>3-4 miles easy | 27<br>6 miles<br>Hilly course<br><i>Strong running on the uphill, relaxed running on the downhill, hard workout is in the long run</i> | 28<br>Recovery day | 29<br>4 miles easy<br>+ Form strides   | 30<br><b>Long run</b><br><b>12 miles</b><br>6 miles easy<br>3 miles @ Zone 2<br>3 miles @ Zone 3<br>(see notes)                                    | 31<br>Recovery day |

# PERSONAL COACHING SAMPLE – runner is 4 weeks into an 18 week marathon build-up

**Long-term goals:**

-- Chicago Marathon 10/9  
Healthy, sub-4:00 (3:45-50)

**Goals for this block:**

-- Continue build up of long runs and weekly mileage  
-- Continue focus on aerobic strength and leg turnover, w/ increase in volume of workouts

**Notes:**

This block has a pretty quick build-up of the long runs in the first couple weeks. Because of that, I

want to stay with workout styles that are familiar to you in this block. Even though the styles are the same, you'll

see some new wrinkles, more volume, etc. to make it more interesting for you.

For the long run on 7/30, let's not worry about specific paces (assuming it'll still be brutally hot) and instead focus on effort level. During the first 6 miles, keep the effort in Zone 1, then cross into Zone 2 for miles 7, 8, 9, topping out and crossing over to Zone 3 for miles 10, 11, 12. This will be a challenging run for you, SO if you run into another stressful/hot run, cut it to 9 miles (3/3/3) instead of 12.

**“Thus I urge you to go onto your greatness if you believe it is in you. Think deeply and separate what you wish from what you are prepared to do.”**

**--Percy Cerutti**